

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

A252 – TOMATO PASTE, CANNED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A tomato paste, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. One #10 can AP yields about 111 oz (12 cups) tomato paste and provides about 192.0 1-Tbsp servings tomato paste. CN Crediting: One Tbsp tomato paste provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened canned tomato paste in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of tomato paste covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. To reconstitute for use as tomato puree or sauce, mix one #10 can of tomato paste with one #10 can of water. To reconstitute for tomato juice, mix one #10 can of tomato paste with three #10 cans of water.



Nutrition Information

Tomato paste, without salt added

	1 Tbsp (16 g)	½ Cup (131 g)
Calories	13	107
Protein	0.969 g	5.66 g
Carbohydrate	3.03 g	24.77 g
Dietary Fiber	0.7 g	5.4 g
Sugars	1.95 g	15.96 g
Total Fat	0.08 g	0.62 g
Saturated Fat	0.02 g	0.13 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.48 mg	3.90 mg
Calcium	6 mg	47 mg
Sodium	16 mg	128 mg
Magnesium	7 mg	55 mg
Potassium	162 mg	1328 mg
Vitamin A	244 IU	1998 IU
Vitamin A	12 RAE	100 RAE
Vitamin C	3.5 mg	28.7 mg
Vitamin E	0.69 mg	5.63 mg

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USES AND TIPS	<ul style="list-style-type: none"> • Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.